



# Happenings

## March 2022

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### Attention

Please make sure you have filled out a new Active Montgomery registration! Forms are at the front desk.

### DJ Tyzer

Friday, March 11 • 12:30 p.m. - 2 p.m. Auditorium

Join us for music & dancing to great tunes played by Dj Tyzer (Tony Montgomery). Your requests will be taken to hear the music you love. Join us for our monthly music events. **Space is limited register at Front Desk.**



### St. Patrick's Day Trivia

Thursday, March 17 • 12:30 p.m. - 1 p.m. Almost Cafe

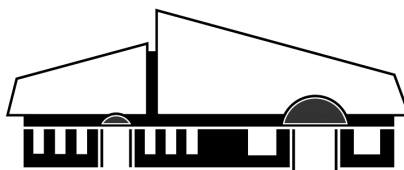
Join us for an Irish lunch of corned beef, potatoes, cabbage & St. Patrick's Day Dessert. Space is limited so please sign up at front desk or call 240-777-8085,

### Class Cancellations or Changes

Living Well Self-Management Workshop has been rescheduled from 3/8 - 4/12 to 4/19 - 5/24 9:30am-12pm.

Pickleball & Ping Pong have been moved to Friday and will resume on April 25th, from Mondays.

Ballroom Dance and Let's Dance Cancelled for March.



1000 Forest Glen Road, Silver Spring, MD 20901

Center Hours: Monday - Friday: 8 a.m. to 4 p.m., Saturday: 9 a.m. to 3 p.m.

Front Desk: 240-777-8085 Center Director: Karen Maxin, 240-777-8082

Hablamos Español

We have WiFi, just select MCGuest.



MONTGOMERY COUNTY  
**Recreation**

# Special Programs

## **Hip Hop for Seniors Activity #R07012-309**

• **Weekly on Mondays Until March 28th • 9:00 - 10:00 a.m. • Almost Cafe**

You're never too old to be hip. Instructor Vinny Mwano teaches you the history of the genre and how to move to the beat of your favorite music.

## **Poetry and Song Writing Activity #R07058-302**

• **Weekly on Wednesdays Until March 30th • 10:00 - 11:00 a.m. • Daisy Room**

Learn to write songs for yourself and others. A perfect gift for yourself and for special occasions.

## **Elements of Design Activity #R07095-304**

• **Weekly on Fridays Until April 1st • 10:00 - 11:00 a.m. • Daisy Room**

Explore the use of lines, shapes, dots, colors, and texture in the visual arts.

## **Angklung Performance**

• **Saturday, March 5th • 12:00 - 1:00 p.m. • Auditorium**

The Angklung is a traditional Indonesian musical instrument made out of bamboo. The Angklung ensemble is unique as the group of bamboo creates a harmony of sounds through different notes. Come and join us for Angklung's class performance. **Space is limited so please sign up at front desk or call 240-777-8085.**

## **Movie: "Lincoln"**

• **Monday, March 7 • 12:30 p.m. - 3:00 p.m. • Garden Room**

As the American Civil War continues to rage, America's president struggles with continuing carnage on the battlefield as he fights with many inside his own cabinet on the decision to emancipate the slaves.

## **Living Well: A Self-Management Workshop**

• **Rescheduled for 4/19/22 – 5/24/22 • 9:30 a.m. – 12:00 p.m. • Garden Room**

Anyone living with a long-term health condition is welcome to attend this 6-session workshop to get tools to improve your overall health and well-being. Discover new ways to break the "symptom cycle" and make action plans for a healthier, happier you.

**RESCHEDULED FOR 4/19/22 – 5/24/22**

## **DJ Tyzer**

• **Friday, March 11th • 12:30 - 2:00 p.m. • Garden Room**

Join us for music + dancing to great tunes played by Dj Tyzer (Tony Montgomery). Your requests will be taken to hear the music you love. **Pre-registration is required, sign up at the Front Desk.**

## **Cardmaking with Cindy Boccucci**

• **Saturday, March 12th • 11:30 a.m. - 2:30 p.m. • Art Room**

Join us at the Center to learn how to make your own personal greeting, holiday, celebratory, and other types of cards! Materials will be provided. **Pre-registration is required, sign up at the Front Desk. \$5 fee, additional \$5 for extra materials.**

## **St. Patrick's Trivia**

• **Thursday, March 17 • 12:30 p.m. - 1:00 p.m. • Almost Cafe**

Join us for lunch and after your meal we will play St. Patrick's Day Trivia. Prizes will be given to the top two winners with the most correct answers. **Space is limited so please sign up at front desk or call 240-777-8085, registration closes on March 9th.**

## **Movie: "Moneyball"**

• **Wednesday, March 23rd • 12:30 p.m. - 3:00 p.m. • Garden Room**

Oakland A's GM Billy Beane is handicapped with the lowest salary constraint in baseball. If he ever wants to win the World Series, Billy must find a competitive advantage. Billy is about to turn baseball on its ear when he uses statistical data to analyze and place value on the players he picks for the team.

## **Mind Diet w/Josephine Djoukeng Activity #R07024-302**

• **Thursday, March 24th • 1 - 2:00 p.m. • Garden Room**

Learn how to approach protecting the brain from Dementia based on the latest research.

## **Water You Talking About?**

• **Tuesday, March 29th • 1 - 2 p.m. • Garden Room**

A presentation about the connection between water and energy. How much are you using and how can you use less to help lower energy costs? We'll go over that and more in this lecture.

# LOOKING FOR VOLUNTEERS<sup>2</sup>

We're looking for volunteers to help us out, both with the front desk and to help set up our programs and special events!

If you're interested and would like to apply, please contact Karen at [karen.maxin@montgomerycountymd.gov](mailto:karen.maxin@montgomerycountymd.gov)

Do you have a suggestion about a new activity or an idea you would like to see at the center? We would love to hear from you!  
Please join us for Coffee & Conversations on the 3rd Thursday or email Karen at [karen.maxin@montgomerycountymd.gov](mailto:karen.maxin@montgomerycountymd.gov)



## **Nutrition Program** - *Socialize while enjoying a healthy meal!*

### **Monday through Friday • Noon • Almost Café**

The cost of the meal is \$5.93. For people age 60 or older, or a spouse of any age a voluntary contribution is requested. Guests, including caregivers, under age 60 pay full cost. Please contribute as much as you can. Contributions are used to serve more meals. The recommended donation is \$2.00. Please cancel your reservations for lunch at Schweinhaut Senior Center, Monday through Friday, by noon a day in advance. **For more information, call 240-777-8085 and ask for the Nutrition Site Manager.**

## **Daily Transportation** - *Door-to-door daily transportation!*

### **Monday through Friday • Pick ups start at 8 a.m. • Leaves the center at 2 p.m.**

Our daily bus to the center is available for pick up in our area. For more information and to see if you are in our pick up area, please call 240-777-8085. **Changes or cancellations, call Evelyn Kittrell at 301-255-4214.**

## **Montgomery County Inclement Weather Policy**



If Montgomery County Public Schools are closed MSSC will be closed, If there is a delayed opening MSSC opens at 10AM


When Montgomery County Recreation must close or cancel programs due to inclement weather or other circumstances related to participant and staff safety the first notification is made through Montgomery County's emergency notification system, [Alert Montgomery](#). Alert Montgomery provides accurate, immediate emergency notifications from Montgomery County to your cell, work or home phone, via text, email or voice message.

Real-time emergency updates can also be accessed at our Recreation Website or call 240-777-6889, or visit our Facebook or Twitter.

Given that participants and employees often travel distances and weather conditions may vary considerably across the county, residents are advised to exercise caution and consider personal safety as the first priority.

# Recurring Activities

	Activity	Day & Time	Description & Contact	Fee
ART	<b>Ceramics</b> <i>Instructor: Carol Reese</i>	Tues. & Thurs. from 9:30 a.m. - 1 p.m.	A creative class where bisque and greenware become art! You can purchase pieces or bring your own.	\$20 per month
	<b>Collage Meet Up</b> <i>Facilitator: Karen Leeman</i>	2nd Mon. from 1 p.m. - 3:30 p.m.	Work on your projects with others who share the same interest. Bring your own supplies.	Free
	<b>Fun with Art</b> <b>Activity #R07052-301</b> <i>Facilitator: Barbara Hunter</i>	Wed. & Fri. from 10 a.m. - Noon	Discover a new talent. Drawing, watercolor, acrylic, pastel, etc. Bring your own supplies.	Free
	<b>Origami</b> <b>Activity #R07096-303</b> <i>Facilitator: Lois Dicker</i>	2nd Mon. from 1 p.m. - 3 p.m.	Learn the Japanese art of paper folding.	Free
	<b>Anne's Knitting Corner</b> <b>Activity #R07003-303</b> <i>Coordinator: Peggy Margaret Safa</i>	Wed. from 1 p.m. - 3 p.m.	Group makes a variety of knitted and crocheted items for area charities.	Free
EDUCATIONAL	<b>Book Discussion</b> <b>Activity #R07065-302</b> <i>Facilitator: Marjorie Hoffman</i>	2nd Tues. from 1 p.m. - 2:30 p.m.	We will be discussing "People of the Book" - a historical novel by Geraldine Brooks. She imagines the history of the still extant Sarajevo Haggadah, one of the oldest Jewish illuminated texts. <b>Contact Karen at</b> <b>karen.maxin@montgomerycountymd.gov for Zoom link.</b>	Free
	<b>Coffee + Conversation with MSSC Staff</b> <b>Activity #R07092-303</b>	3rd Thurs. from 10 a.m. - 11 a.m.	Join us for a cup of coffee or tea while we enjoy an open discussion. We would like your input on what programs/activities you would like to have at MSSC. We will also discuss any concerns you might have.	Free
	 <b>Italian Class</b> <i>Instructor: Nina Baccanari</i>	Weds. from 1 p.m. - 2:30 p.m.	Class will cover a variety of subtleties of the Italian language, such as grammar, vocabulary, and entertaining factors like music and stories. <b>Participants should have a working knowledge of the Italian language.</b>	Free
	 <b>Spanish Class For Beginners</b> <b>Activity #R07015-301</b> <i>Instructor: Rocio Torresano</i>	Thurs. from 10 a.m. - 11 a.m.	A beginners Spanish class with the desired outcome: Upon completion, participants will be able to: (1) Communicate in Spanish at an elementary level in the areas of reading, writing, speaking, and listening. (2) Express appropriately at the elementary level of proficiency use simple sentences. (3) During class interact with peers in Spanish at a elementary level.	Free
	<b>Writer's Group</b> <b>Activity #R07058-306</b> <i>Facilitators: David Lindsay &amp; Beverly Moss</i>	1st & 3rd Tuesdays from 10 a.m. - Noon	Friendly and informal group where participants share their essays, poems, novel excerpts, commentaries, and other written works. Bring anything you would like to share, and if you don't have anything written, drop in to listen and discuss! <b>Class is now being held virtually -</b> <b>Contact Karen at</b> <b>karen.maxin@montgomerycountymd.gov for Zoom link.</b>	Free

	Activity	Day & Time	Description & Contact	Fee
F I T N E S S	<b>Chair Stretch &amp; Strength</b> <b>Activity #R07042-301</b> (Video, No Instructor)	Tues & Wed. 8:30 - 9:30 a.m.	This video guided class will improve your ability to be stable, balanced, and mobile. <b>Drop-in class.</b>	Free
	 <b>Basic Functional Balance Exercise</b> <b>Activity #R07039-303</b> Instructor: Julien Elie	Mon. & Thurs. 8:30– 9:30 a.m. March 7 - May 26	Light exercise, focused on building posterior musculature and developing core strength that is critical in having a well balanced body.	Free
	<b>Ballroom Dance</b> <b>Activity #R07011-301</b> Instructors: Ellen Moran & William Goldberg	<b>No class in March</b> Wed. from Noon - 1 p.m.	Learn the basic steps, lead and follow, and simple routines. Singles and couples welcome. Followed by Let's Dance!	Free
	<b>Let's Dance</b> <b>Activity #R07011-301</b> Instructors: Ellen Moran & William Goldberg	<b>No class in March</b> Wed. from 1 - 1:30 p.m.	Offers a time for practice and fun after our Ballroom Dance class!	Free
	<b>Chair Yoga</b> <b>Activity #R07032-305</b> Instructor: Joy Bartholomew	Tues. from 10 - 11 a.m.	Chair yoga is a low impact form of exercise that helps improve flexibility while staying in a stabilized position.	Free
	<b>Line Dancing</b> <b>Activity #R07011-304</b> Instructor: Jo Ann Eng	Sat. from 10:30 a.m. - Noon	Learn how to line dance while having fun. These classes will keep you moving.	Free
	Holy Cross Hospital & Kaiser Permanente Presents <b>Senior Fit</b> Instructor: Mike Werle	Sat. from 9:30 - 10:15 a.m.	Focus on increasing strength and muscle endurance while improving balance and flexibility. <b>Call 301-754-8800 to register. Must complete form prior to participating.</b>	Free
	<b>Spinning Wheels</b> Instructor: Donald Lewis	Wed. from 10 - 11 a.m.	Donald Lewis has returned! Join him for an hour to ride our spinning bikes.	Free
	<b>Tai Chi Chuan</b> Instructors: Glenn Moy (Tues.) & Kirk Talbott (Fri.)	Tues. & Fri. from 1:30 - 2:30 p.m.	An ancient system of physical and mental harmony; an exercise that emphasizes relaxation, balance, and coordination.	Free
	<b>The Pickleball Experience</b> Instructor: Coach Brad Praleg	Thurs. 2:30 - 4:00 p.m. Feb 24 - April 14	Learn how to play and the rules, then take your new skills to the court. Sign up at front desk space is limited, more sessions to come.	Free
H E A L T H	<b>Qi Gong</b> <b>Activity #R07059-302</b> Instructors: Mike Kornely & Julia Schuker	Sat. from Noon - 1 p.m.	Aim to relax your body, calm your mind, and refresh your heart with easy exercises.	Free
	<b>Yin Yoga</b> Instructor: Adina Crawford	Sat. from 9:30 - 10:30 a.m.	This beginner-friendly class will help you find peace both in body and in mind, focusing on poses and stillness that improve the health of critical joints. <i>Please bring your own mat, towel, and pillow.</i>	Free
	<b>Maximizing The Quality of Life</b> <b>Activity #R07043-302</b> Facilitator: Edie Mahlmann, LCSW	Thurs. from 11 a.m. - Noon	A support group that confronts the challenges and options that are present in the process of aging. <b>Group is looking for new members.</b>	Free
	<b>Nutrition 101</b> Facilitator: Josephine Tsobgni Djoukeng, Ph.D.	Tues. from 1:30 - 2:30 p.m. Thurs. from 1 - 2 p.m.	Join nutritionist and Certified Wellness Wave Life Coach, Josephine, to discuss how to be your best healthy self.	Free



	Activity	Day & Time	Description & Contact	Fee
G A M E S	<b>BINGO!</b> <i>Facilitator: Linda Disharoon</i>	Mon. & Thurs. from 10:30 - 11:30 a.m.	Win prizes and have fun! Maximum two cards per person.	\$1
	<b>Pinochle Card Game</b> <b>Activity #R07099-301</b> <i>Facilitator: George Kelly</i>	Wed. from 1 - 3 p.m.	Come learn the skill of Pinochle, a trick-taking and melding card game with components similar to Bridge, Euchre, Spades, and Hearts.	Free
	<b>Scrabble Tips &amp; Tricks</b> <i>Facilitator: Marcia Bowens</i>	Mon. from 11 a.m. - Noon	Scrabble is a perfect word finder, which also helps in fighting Alzheimer's. Former Scrabble tournament player will demonstrate how to get the most out of each rack. You will be surprised how many words you can find in certain sets of letters!	Free
M U S I C	<b>Encore Choral</b>	Mon. from 10 a.m. - Noon	For more info, call 301-261-5747 or visit <a href="http://www.encorecreativity.org">www.encorecreativity.org</a> .	Free
	<b>Seasoned Players Activity</b> <b>#R07080-304</b> <i>Facilitator: Helen Cothran</i>	1st & 3rd Wed. from 1:30 - 3 p.m.	Come rehearse songs and/or line dances to perform at nursing homes and seniors centers.	Free
	<i>Folklore Society of Greater Washington Presents</i> <b>Song Circle</b> <b>Activity #R07080-303</b> <i>Facilitator: Fred Stollnitz</i>	Zoom 3rd Wed. from 1 - 3 p.m..	Song Circle is about group singing, not talent. Everyone is welcome to sing or just listen. Words are provided; no need to read music. Contact <a href="http://FSGW.org/song-circles">FSGW.org/song-circles</a> for information to join.	Free
S E R V I C E S	<b>Senior Services in Montgomery County</b> <i>Facilitator: Anita Joseph</i>	2nd Tues. from 10:30 - 11:30 a.m.	Call 240-777-1062 to <b>make an appointment</b> for information about senior services, assistance in obtaining services/benefits, and education about offerings available to seniors.	Free
S P O R T S	<b>Beginner Pickleball</b> <b>Activity #R07091-301</b>	Fri. from 10:30 a.m. - Noon	Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis.	Free
	<b>Billiards</b> <b>Activity #R07103-301</b>	M-F 8 –4pm Sat. 9 –3pm	Come on in and join us for a game of Billiards. Pool Room is open to everyone during center hours.	Free
	<b>Intermediate Pickleball</b> <b>Activity #R07091-302</b>	Mon. from Noon - 2:00 p.m.	Suitable for players that know the rules and have mastered the basic shots of the game.	Free
	<b>Table Tennis</b> <b>Mon Activity #R07097-301</b> <b>Fri Activity #R07097-302</b>	Mon. from Noon - 2:05 p.m. Fri. from 10:30 a.m. - Noon	Ping Pong is a sport in which two or four players hit a lightweight ball back and forth across a table using small paddles.	Free



**Community Partnerships  
Make Wonderful Things Happen!  
Thank you to the following organizations...**

AARP

Affiliated Sante Group

Akhmedova Ballet Academy

Alzheimer's Association

Beacon Newspapers

Encore Creativity for Older Adults

The Folklore Society of Greater Washington

Holy Cross Hospital

Montgomery County Stroke Association

Senior Planet Montgomery

South Four Corners Citizens Association

Suburban Hospital

U.S. Postal Service

Woodmoor Pastry Shop

Giant Foods

# Announcements

## Sewing & Mending

Got any rips, tears, zippers that need replacing, hems lengthened or shortened, seams coming loose or any other small mending problems?  
Call Elaine Hughes at 301-589-0720 or email at [eshughes2@juno.com](mailto:eshughes2@juno.com) and get your clothes mended, free of charge!

## Maximizing YOU! Notice

Maximizing You is currently looking for new members. This group discusses issues on aging. Learn to live better, and be nicer to yourself. Please let us know if you would like to participate!

## New Registration System

You may have noticed that our programs do not have ACTIVE numbers this month - We're still requiring our participants to sign up for each program while we transition over to the new system, so we are asking that you sign up at the front desk or on our clipboards for all programs you wish to attend in the future. You can also call 240-777-8085 to register.

## Upcoming Programs – Look at what is coming in April!



Monday, April 4	Tax Aide Program on Mondays and Tuesdays until April 22
Saturday, April 9	Cardmaking with Cindy
Friday, April 15	DJ Tyzer
Tuesday, April 19	Self-Management Workshop
Tuesday, April 26	Glenn Pearson Band
TBA	Stronger Memory Class

*Please note that the above programs are tentative and changes could be made. We will make every effort to relay any changes as they occur.*

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## Check out our Website!

<https://www.montgomerycountymd.gov/rec/>

Visit the Montgomery County Recreation website for detailed information about all of our senior centers, including their newsletters, as well as aquatics, recreation centers and programs.

Support  
The Friends of  
MSSC, Inc.  
For more details,  
see the main  
office.